Acceptable face masks

Some masks work better than others. When coming to our facilities, wear a mask that:

- is made of 2 or 3 layers — 3 is best
- fits securely to your head with ties or ear loops
- fully covers your mouth, nose and chin
- does not require fiddling or adjustments once on
- allows for easy breathing
- is clean
- has no tears or holes

Unacceptable face masks

These may not provide enough protection against COVID-19

gaiters, scarves or bandanas

clear plastic mouth shields (mingle masks)

balaclavas

masks with vents or exhalation valves

face shields without a mask

Updated January 11, 2021

For information visit novascotia.ca/coronavirus

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Va**c**cinations

FLU/COVID 19 VACCINES

- **If you are just starting a Systemic Therapy**, you should have the shot before your treatment begins.
- **If you are already having Chemotherapy**, you should have the shot when your white blood cell count is at its highest, usually 2-3 days before your next chemotherapy treatment.
- **If you have finished Chemotherapy**, have the shot 3 to 4 weeks after chemotherapy is over.
- **If you are already having treatment with an Immunotherapy**, you should have the shot on a week that you are not also getting your Immunotherapy.
- Radiation therapy **does not** impact your ability to have these vaccines.

Pamphlets available in all clinics regarding more information on the Flu shot

*(**No** rapid test/PCR testing available at the cancer center)*

Your Health Care Team May Include

- Oncologist / Hematologist
- Oncology Nurse Practitioner
- General Practitioner in Oncology (GPO)
- Clinic Nurse
- Systemic Therapy Nurse
- Spiritual Care
- Cancer Patient Navigator
- Social Worker
- Drug Access Navigator
- Pharmacist
- Pharmacy Practice Assistant
- Palliative Care
- Dietician
- Speech language pathologist

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Types of Systemic therapy

What is Systemic Therapy?

- Any type of drug that spreads throughout the whole body to treat cancer.
- May be given intravenously, by pill, or by injection
- Types of systemic therapy Include:
  - Targeted Therapy
  - Chemotherapy
  - Hormone Therapy
  - Immunotherapy

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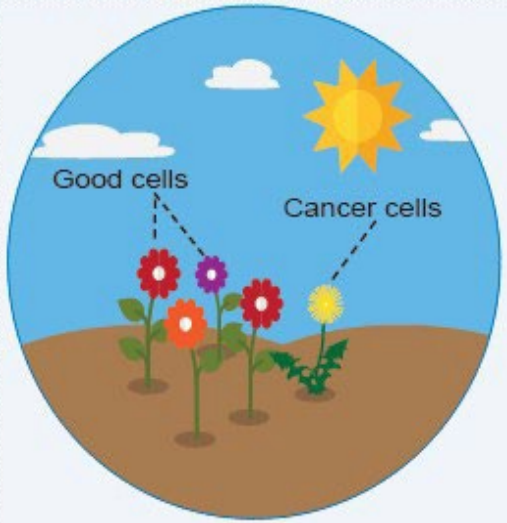
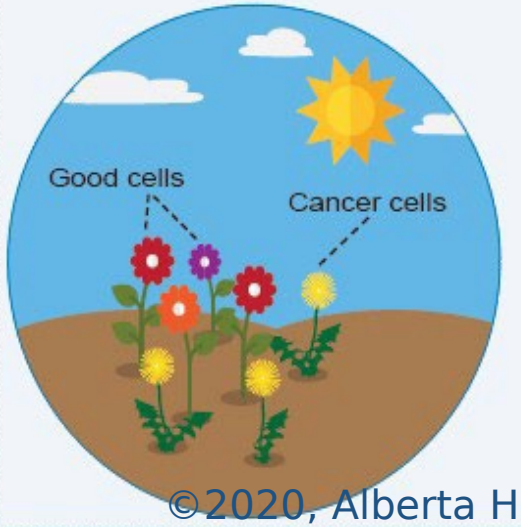
It might help to use the example of a garden:



A Healthy Body

Imagine your body as a garden. The soil is your immune system, the good plants are your good cells, and the weeds are the cancer cells. When you're healthy, the good plants grow and the soil helps keep the weeds away. When the odd weed starts to grow, the body is able to get rid of it by itself.



A Body with Cancer

Cancer cells are like weeds in your garden. Sometimes the body cannot get rid of the weeds and needs help.

©2020, Alberta Health Services, Cancer Care Alberta

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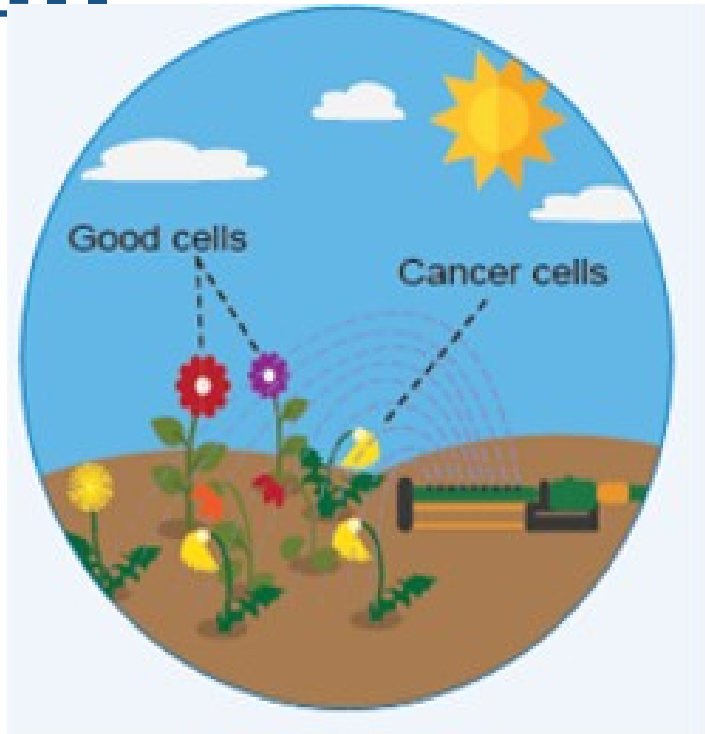
Chemotherapy is…..

Chemotherapy is like spraying a weed killer on the whole garden. The goal is to kill the weeds, but some of the healthy plants are also affected.



- ©2020, Alberta Health Services, Cancer Care Alberta

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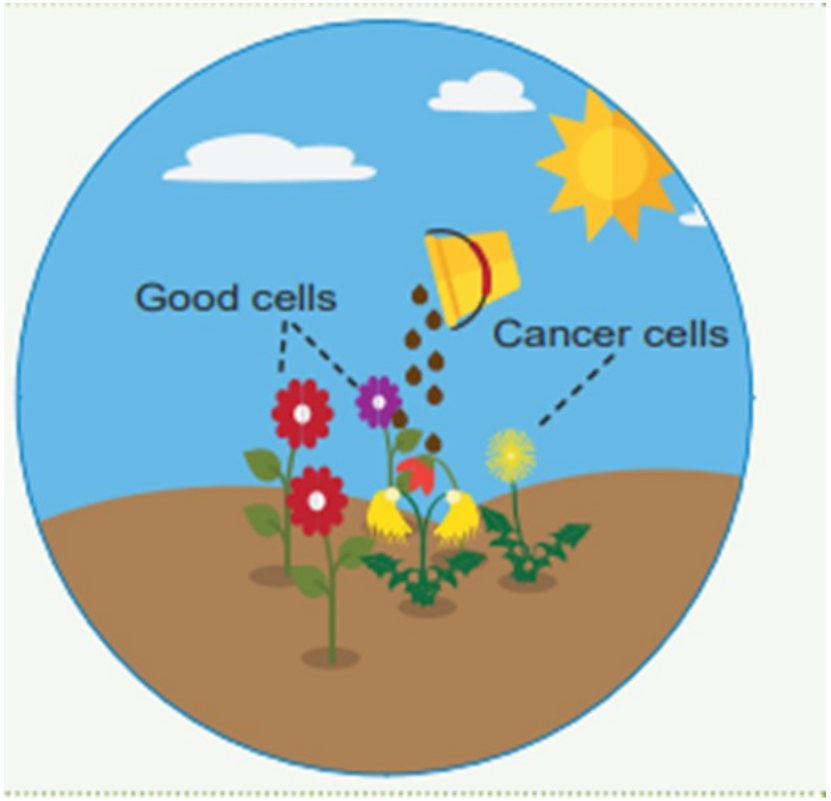
Immunotherapy is…..

Immunotherapies are like adding a fertilizer to the soil (immune system). The fertilizer changes the garden's defense so it can see and



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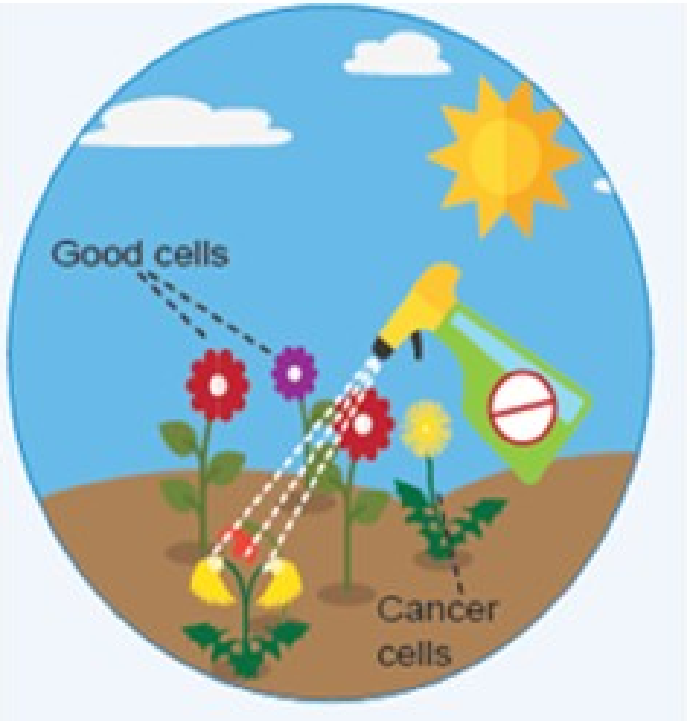
Targeted Therapy is…..

Weeds are directly sprayed with specific weed killer. Good plants may still be damaged.



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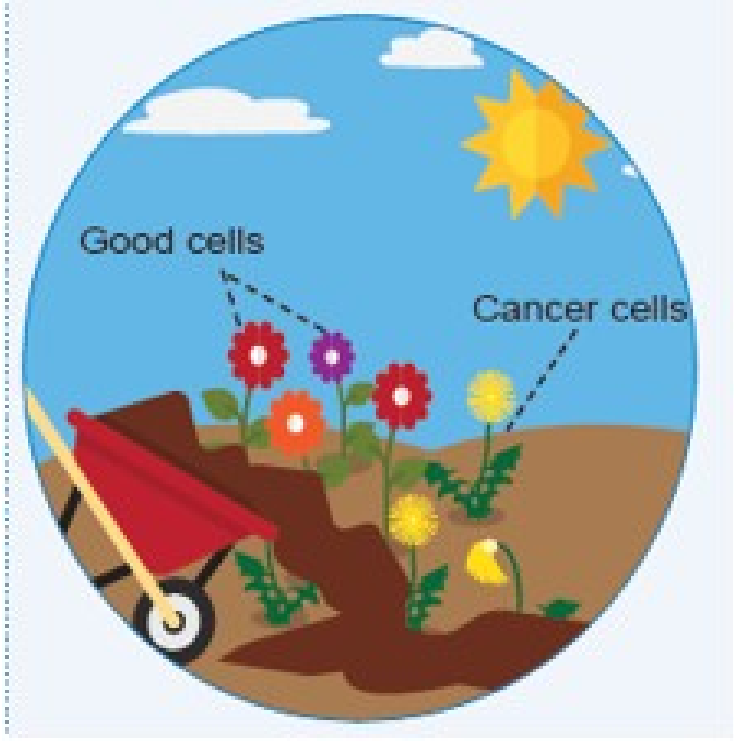
Hormone Therapy

(Endocrine Treatment) is……

Hormone therapy is like spreading mulch on a garden. The mulch blocks the sunlight and the air that the weeds need to grow. It also helps stop some seeds



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Practical Issues

Blood Collection Services
(Central Zone)

Important Tips

- Please book your own bloodwork appointments using the “NEW” phone number listed here **1-902-473-2074**
- To ensure you get your appointment booked let them know you are a **Cancer Patient** and you need **URGENT** bloodwork!!
- Let them know the date you need
- Tell them your Cancer Care team advised you to call
- Please note: The online booking **does not** give you the option for **urgent** bloodwork

Only use the **online booking system for **NON-URGENT** bloodwork**

- Patients and visitors at the QEII have free access to wireless Internet services (Wi-Fi), generously provided by the Gauthier and David families through a gift to the QEII Foundation.

- Wi-Fi areas are marked with signs, and no password is needed. The network name is QEII_wifi.

This Photo by Unknown Author is licensed under CC BY-SA

Patient Education

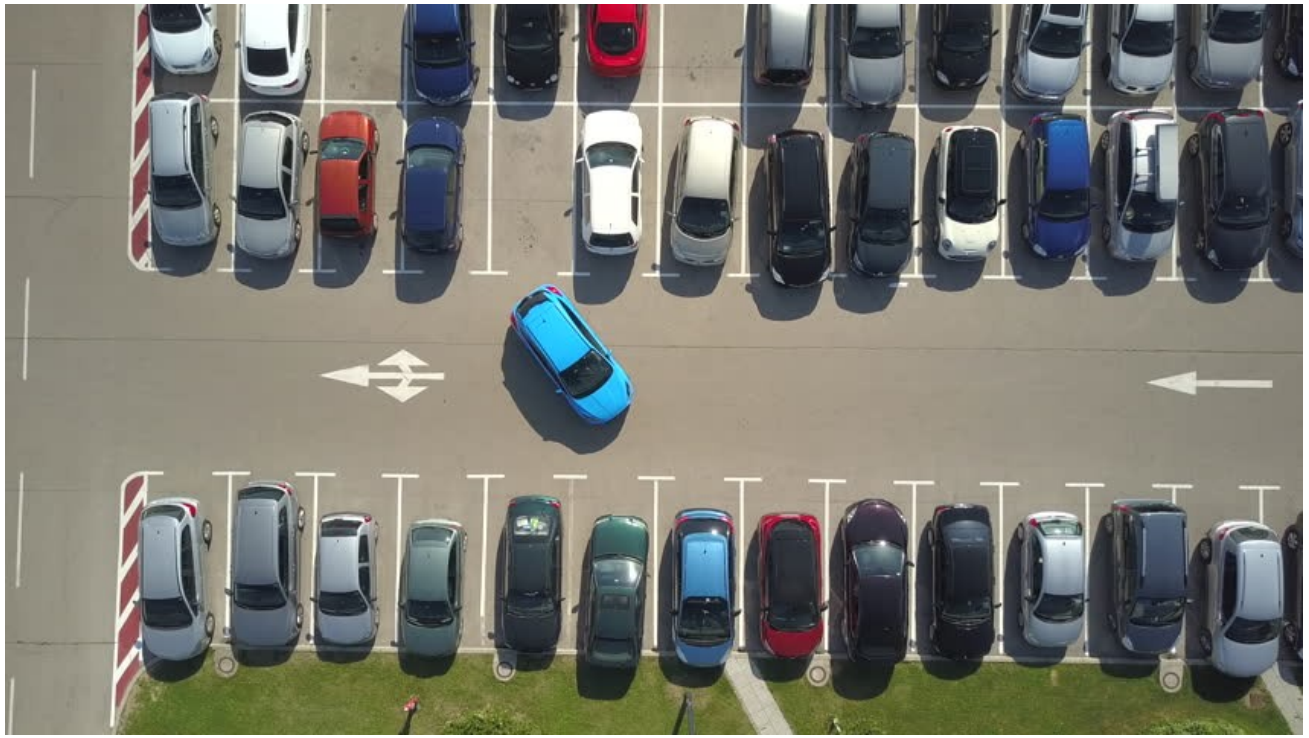
Did you know that there are Nova Scotia cancer care videos on-line and available for you to watch?

https://vimeo.com/channels/cancercare

assistance with parking fees?

For patient’s attending multiple appointments (In excess of 14 or more) are eligible to receive **14 rebate tickets** that each provide a one exit from a QEII parking lot at **half price**.

Ask the clinic nurse OR reception clerk for your completed form to pick up these rebate parking tickets at **Parking Services Office**



INDIGO VALET PARKING

Indigo gives people the option to use a spot reserved for valet parking.

People will park their own cars and then give the keys to staff. Staff will complete a short vehicle inspection.

Keys will be kept during the person's visit so that their vehicle can be moved if necessary to let another vehicle out.

It will **cost the same** as regular parking rates in the lot.

It only applies to the two selected areas, from 9 a.m. to 5 p.m., **Monday to Friday**

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Message Phone Line

(NON-URGENT)

1-902-473-6067

This is a **non-urgent** phone line. Staff will return calls within **3 business days** if a call back is required.

Phone line is open **Mon-Fri 8:00am-3:45pm**

Please leave a detailed message so that we can appropriately return your call.

Note:

This phone line is reserved for **cancer related** concerns **ONLY.** See your primary care provider (Family Dr/Nurse practitioner etc.) for all other concerns.

Your Prescriptions

Drug Information System (DIS)

- **The Nova Scotia Drug Information System** is a province-wide system that contains a comprehensive medication profile for everyone who gets a prescription filled in a community pharmacy in Nova Scotia.

- Many prescriptions from this clinic are issued using the **Drug Information System (DIS)**

- You must call your pharmacy in advance to request they fill the prescription in DIS

*******Please allow 72hrs in advance for your Oncologist to renew your prescription*******

Drug Information System

Many prescription **refills** are now done **ONLINE** thru a system called Drug Information System or **DIS.** This system is linked to all pharmacy's within the province.

Reminder

Ask your pharmacy to look in the DIS prior to calling your Oncology Team.

Did you know?

You may be eligible for a clinical trial!

Clinical trials are research studies that look at new ways to prevent, find and treat cancer

The **A**tlantic **C**linical **C**ancer **R**esearch **U**nit is part of Nova Scotia Health, and currently coordinates more than 50 clinical trials for cancer care and treatment

Ask your cancer care team if there is a clinical trial that may be right for you

Patient Support

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Support Services Available

- Working through cancer related side effects (anxiety, depression, fatigue, pain) education sessions
  - Ask for copy of upcoming sessions or access the online sessions
- Support Groups
- Social Worker
- Drug Access Navigator
- Cancer Patient Navigator (Outside central zone)
- Spiritual Care
- Home Care Nova Scotia
- Canadian Cancer Society
- Look Good Feel Better
- EXERCISE programs

More Patient Support Services

- Psychosocial team
  - *One on one visits*
  - *Video programs*
  - *Phone Consultations*
- Nutrition/Dietician
- Quit Smoking programs
- Pharmacy Oncology Clinic

Psychosocial Oncology Services can help you with many cancer-related issues, such as:

- Coping with diagnosis, treatment and symptoms
- Living with uncertainty
- Worries, fears and anxiety
- Sadness and depression
- Regret, guilt, and anger
- Meaning and hope
- Talking about dying
- Grief
- Body changes and sexual health
- Survivorship
- Communication
- Stress management
- Financial/practical concerns

NOTE: Self referral is available by calling *Debbie Erikson* @ **1-902-240-8129**

Fatigue: Resources

- NS Health has a pamphlet on fatigue that you can find here: https://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/nshccp4030.pdf
- NS Health also has a patient education video: https://vimeo.com/showcase/4902954/video/205373932
- You can also find useful information and videos on these website:
  - https://cancer.ca/en/treatments/side-effects/fatigue.ca

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Cancer Care Program

Psychosocial Support when Coping with Cancer

“I have cancer. Is there someone I can talk to?”

What is Psychosocial Cancer (Oncology) Support?

Cancer affects more than your body. It impacts many areas of your life. Many people with cancer find that talking with a Psychosocial Oncology health care professional can be helpful.

Psychosocial Oncology health care professionals provide psychotherapy, counselling, and other supports for individuals dealing with cancer.

Services may be offered in person, on the phone or by virtual care.

Recorded versions of these sessions are available to watch at home

What is a “**Drug Access Navigator**”?

An oncology Drug Access Navigator, also referred to as a “DAN” is a hospital employee who works on a referral from the oncology team to **investigate and coordinate funding/access for a patients prescribed drug therapy**. This funding may be through a patient’s own prescription drug plan or through other resources.

Could you benefit from a DAN?

- Cancer Patient
- No drug coverage (public or private)
- Have Family Pharmacare but not met deductible
- Drug therapy is high cost and/or cannot afford copay
- Drug not a benefit on NS Public Formulary but approved by Health Canada (public payers)
- Patient Support Program available
- Uncertain of coverage
- Financial concerns related to medications

Check with your oncology team to see if a referral can be sent to your local Drug Access Navigator!

"It was the feeling that you're not alone - you're in a community with people who understand what you're going through."

Cancer Chat Canada

Professionally-led online support for people affected by cancer.

Join one of our Online Information & Support Groups

- Participate from the comfort of your own home
- Free for cancer patients & family members throughout Canada
- These private online chat groups are counsellor-led & easy to use

de Souza Institute

UHN Toronto General Toronto Western Princess Margaret Toronto Rehab
COURAGE LIVES HERE

Canadian Partnership Against Cancer / Partenariat canadien contre le cancer

Saskatchewan Cancer Agency

BC Cancer Agency
CARE + RESEARCH

Northeast Cancer Centre
Health Sciences North

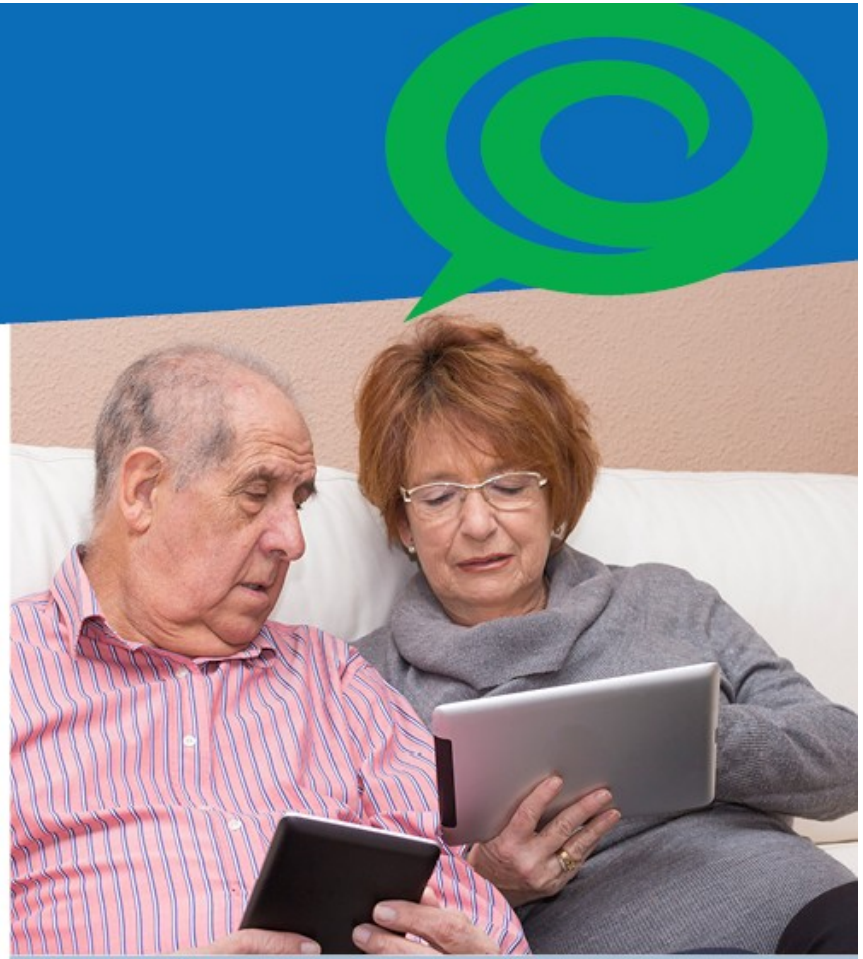
Centre de cancérologie du Nord-Est
Horizon Santé-Nord

CHU de Québec Université Laval

Thunder Bay Regional Health Sciences Centre

CancerCare Manitoba
ActionCancerManitoba

Ontario
Cancer Care Ontario



For more information visit our website:

cancerchat.ca

call toll-free: 1.844.725.2476

Email: CancerChat@deSouzaInstitute.com

Canadian Cancer Society **Cancer Care Program**

http://cancer.ca http//www.nshealth.ca

Want to get moving but don't know where to start?

Join a **FREE** cancer and physical activity study today!

Email EXcancer@nshealth.ca or call (902)473-2035 for more information

"I used to walk 1/2km and be winded, today I can walk 4km."- EXCEL participant

MIBC PANACEA C4C EXACT 2.0 DALHOUSIE UNIVERSITY nova scotia health PAC LAB Canadian Cancer Society CCESS EXCEL Exercise for Cancer to Enhance Living Well RESIST

PAC LAB
Physical Activity for persons living with or affected by Cancer

CCESS
ACTIVATING CANCER COMMUNITIES THROUGH AN EXCERCISE STRATEGY

EXCEL
Exercise for Cancer to Enhance Living Well

“Another side effect of treatment is a shortness of breath… but I felt after 3 months I could control my breathing far better”
- EXCEL participant

EXcancer@nshealth.ca

nova scotia health

Try movement in a safe, fun enviro

Join a FREE cancer and physical activity study today

NSHA ROMEO File #: 1023682 V1.
23.01.23

EXCEL

EXercise for **C**ancer to **E**nhance **L**iving Well

WHAT IS EXCEL?

EXCEL is the **EX**ercise for **C**ancer to **E**nhance **L**iving Well study. This study provides an exercise program to Canadian cancer survivors in rural and remote areas.

YOU MAY BE ELIGIBLE TO PARTICIPATE IF YOU:

- Have/had a cancer diagnosis;
- Are pre-cancer treatment, currently receiving treatment, or within 3 years of treatment completion;
- Able to participate in low-to-moderate physical activity;
- 18+ years old and able to consent in English;
- Have access to reliable internet; and
- Able to participate in online or in-person classes.

FOR MORE INFORMATION

Speak to your oncologist or contact a member of our research team:

Melanie Keats, PhD
Principal Investigator (Nova Scotia)
Email: melanie.keats@dal.ca
Website: https://kinesiology.ucalgary.ca/labs/health-and-wellness/research-projects/excercise-cancer-enhance-living-well-excel

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DALHOUSIE UNIVERSITY

Funding for this study provided by:
Canadian Institutes of Health Research / Instituts de recherche en santé du Canada
Canadian Cancer Society

NSHA REB File #: 1026031

Version 1, July 29, 2020

ACCESS
A Supportive Physical Activity Research Program for Cancer Patients and Survivors

The **Activating Cancer Communities through an Exercise Strategy (ACCESS)** research program offers cancer patients and survivors the opportunity to take part in physical activity/exercise with other patients/survivors, and trained exercise professionals in a safe and supportive environment. Findings from this study will help support the development of sustainable physical activity/exercise programming for cancer survivors throughout Nova Scotia.

YOU MAY BE ELIGIBLE TO PARTICIPATE IF YOU:

- Have had a cancer diagnosis;
- Are over the age of 18 years;
- Are able to participate in low-intensity levels of activity at *minimum* (e.g., light walking);
- Are pretreatment, OR receiving active cancer treatment (i.e., surgery, systemic therapy and radiation therapy), OR have received cancer treatment within the past 5 years; OR have ongoing/late presenting impairments (e.g., fatigue) related to your cancer/cancer treatment;
- Have physician approval to participate; and
- You are able to provide written consent in English.

FOR MORE INFORMATION
Speak to your oncologist or contact a member of our research team:

Melanie Keats, PhD
Principal Investigator
Email: melanie.keats@dal.ca
Ph: (902) 494-7173

Scott Grandy, PhD
Sub-Investigator
Email: scott.grandy@dal.ca
Ph: (902) 494-1145

or Boost

Ask your Oncology Team for your free sample/Coupons today!!

Stopping smoking is one of the best things you can do for your cancer treatment.

Talk to your health care team about FREE support to stop smoking.

ASK ME HOW TO

NOVA SCOTIA
Connect to Quit.
tobaccofree.novascotia.ca

nova scotia health authority
Cancer Care Program

Did you know NSHA is a smoke and Tobacco Reduced Environment?

CALL TO QUIT.

811 is now the number to dial for advice and judgement-free counselling to quit smoking.

Call today and quit for good.

NOVA SCOTIA

ONLINE WORKSHOPS

Offering four online workshops to help manage the appearance related impacts of cancer and its treatment:

SKINCARE & COSMETICS | **WIGS & HAIR ALTERNATIVES** | **BREAST CARE, FORMS & GARMENTS** | **TEEN**

Delivered by LGFB volunteers using interactive technology, women facing cancer are welcome to sign up for one or all workshops. Join a supportive community in a small-group format to learn and share tips.

To register go to www.lgfb.ca or call 1-800-914-5665.

LOOK GOOD FEEL BETTER®

MEN HAVE QUESTIONS TOO!

JOIN FOR A FREE ONLINE WORKSHOP, LED BY INDUSTRY EXPERTS, TAILORED FOR MEN FACING ALL CANCERS.

You can join this workshop from the privacy of your home.

https://lookgoodfeelbetter.org/programs/men

1.800.914.5665

LOOK GOOD FEEL BETTER®

HELPING WOMEN WITH CANCER FEEL LIKE THEMSELVES AGAIN

Learn to manage the appearance-related impact of cancer treatment with Look Good Feel Better. Join a supportive community in a small-group format to learn and share.

Led by expert volunteers via an easy-to-use video conference platform, our free online workshops for women facing cancer provide information on:

1. **makeup hygiene**, the loss of eyebrows and eyelashes, sun safety, **cosmetics** as well as **skin** and **nail care**
2. demonstration of various **hair alternatives,** tips on wig selection and easy scarf-tying techniques
3. **post-surgical bras** and **breast forms**

Women facing cancer are welcome to register for all or one online workshop at lgfb.ca or by phone 1-800-914-5665.

Visit our website for more online resources and re-opening details of the in-person workshop near you.

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Your primary care team

Your Primary Care Team

- Is **VERY** important
- Your health care team at the cancer center are here to help with your cancer related issues but the remainder of your health care needs will need to be provided by your primary care team;
  - **Family Doctor**
  - **Nurse Practitioner**
  - **Virtual Care**
- We realize not everyone in NS has a primary care team
  - There are other options with virtual care
  - Walk-in clinics

VirtualCareNS

- **VirtualCareNS** provides Nova Scotians on the Need a Family Practice Registry with **free**, online visits with a primary care provider (doctor or nurse practitioner) until they are placed with a permanent family practice.
- In addition to **VirtualCareNS**, there is a range of other health care options. To learn more, please visit nshealth.ca/wheretogoforhealthcare.

- This service is available **Mondays from 9:00 a.m. to 7:00 p.m. and Tuesdays – Fridays from 9:00 a.m. to 5:00 p.m.**
- Sometimes there can be more visit requests than available providers, similar to in-person care. If you receive a message that **VirtualCareNS** is “at capacity”, please **try again later** in the day as spots will open up.

Need to be put on the waitlist for a Family Doctor /Nurse Practitioner?

- **FAMILY PRACTICE REGISTRY**

- The Website provides an online registration form to be placed on the wait list for a family doctor or nurse practitioner.
- When a primary care provider is accepting new patients, the practice will either contact you directly, or Nova Scotia Health Authority will contact you.
- Registration can be completed by calling **8-1-1** if applicant does not have a Nova Scotia health card number or prefers to complete process by phone.
- If you are registering for a family member, such as your children or spouse, please have their information ready to complete the registration on their behalf.

http://needafamilypractice.nshealth.ca

VirtualCareNS

To use VirtualCareNS you need to;

- Be on the Need a Family Practice Registry
- Have a valid Nova Scotia Health Card number
- Be able to access the internet through a computer or mobile device
- Have an e-mail address
- Be located within the province when accessing VirtualCareNS

To sign up for VirtualCareNS;

- Visit the registration page
- Enter your Nova Scotia health card number
- Create your account by follow the prompts on the screen
- Add your health history
- Once registered, you can now request an appointment with a primary care provider

As a part of Nova Scotia Health and Dalhousie University's commitment to diversity and inclusion both staff and patients can share their pronouns.

Feel free to ask a member of your care team for more information.

Attention: NSHA team members, patients, families and visitors

A respectful workplace is a safe place for everyone.

nova scotia health authority

Harassment and violence will not be tolerated.

Help us make our workplace respectful, safe and welcoming for everyone. To report violence or harassment, please speak to the

NSHA Code of Conduct

Nova Scotia Health Authority (NSHA) is committed to providing a safe, healthy, and respectful environment for NSHA team members (employees, physicians, learners and volunteers), patients, families, and visitors that reflects our **Vision, Mission and Values.**

Respectful Conduct

All NSHA team members, patients, families and visitors are required to:

- Treat each other with dignity, fairness, and respect
- Respect diversity, which includes both visible and invisible characteristics and includes differences such as, but not limited to, age, life stage, ability, culture, ethnicity, sex, gender identity, geographical location, language, physical characteristics, race, religion, sexual orientation, socio-economic status, spirituality, and values
- Communicate in a respectful manner
- Interact without any abuse, harassment, discrimination, aggression or violence
- Report any inappropriate or unprofessional behaviour or

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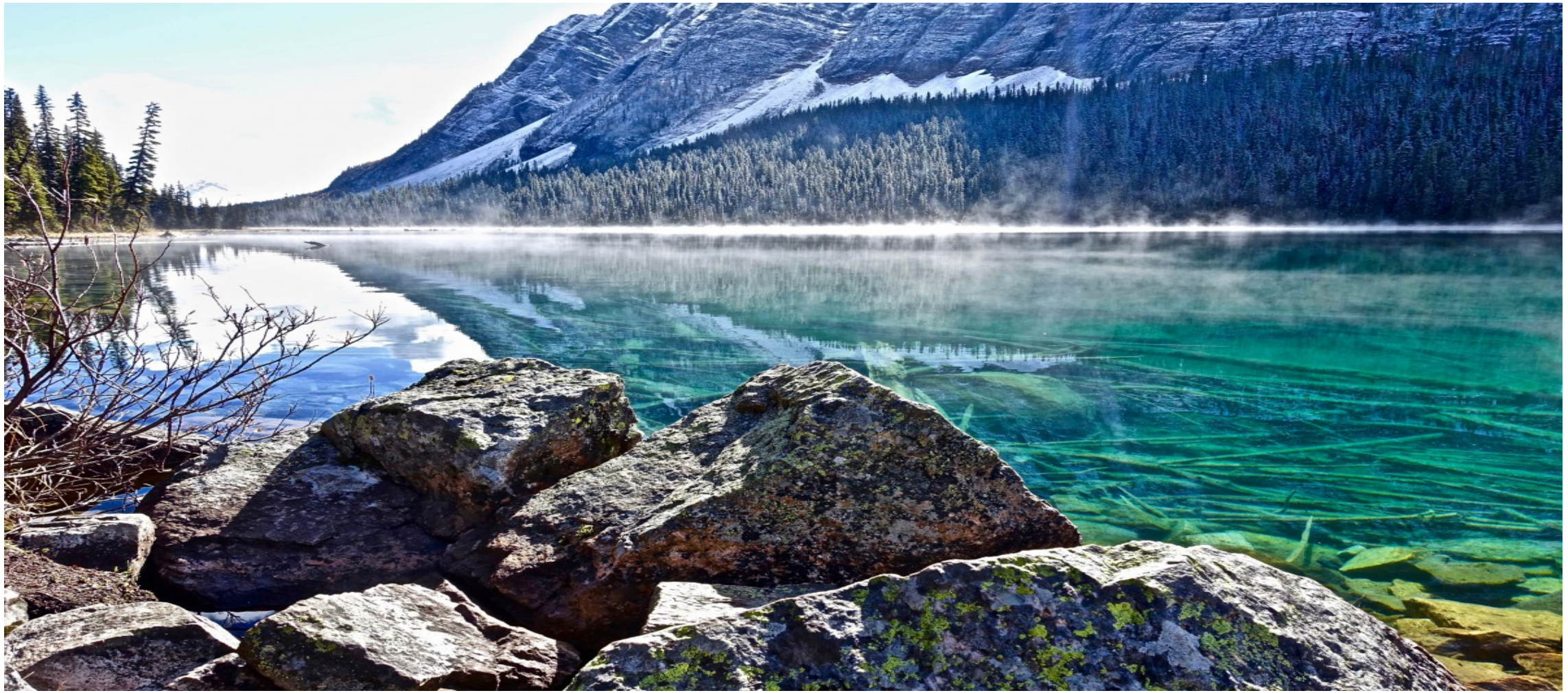


Adolescents and Young Adults (AYA)

AYA Resources

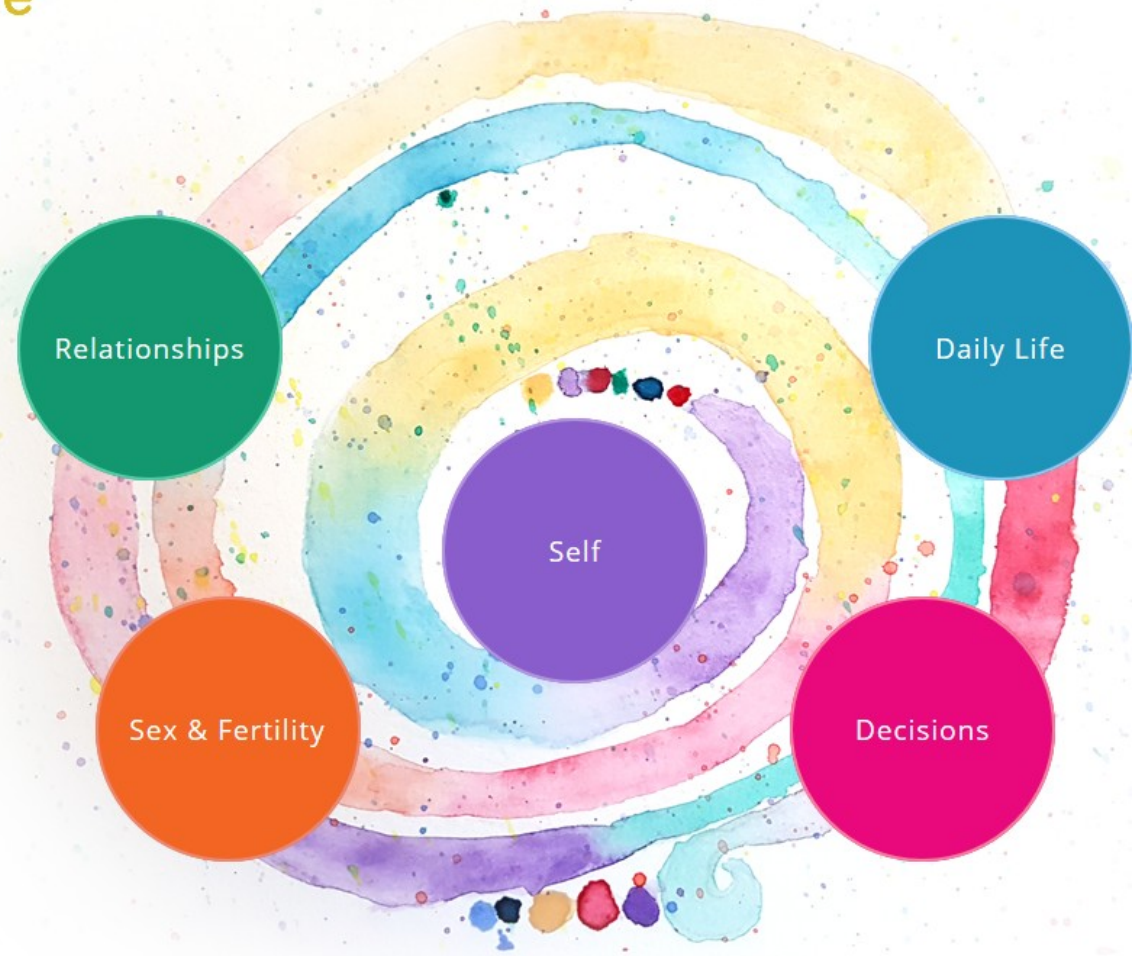
- AYA Canadian Cancer Advocacy
  - www.ayacan.ca/
- Young Adult Cancer Canada
  - YACC’S GOT YOUR BACK (youngadultcancer.ca)

For Teens and Young Adults

livingoutloud.life

livingoutloud.life

Young adults and teens are shattering the silence of living with advanced illness by creating a webspace of their own. Their stories are unscripted, unfiltered and unforgettable, offering help when it is needed most.



Gratitude: Ten Plus a Million by Katie Davidson

This Photo by Unknown Author is licensed under CC BY-SA-NC

After treatment is over

Living Beyond Cancer: What Happens Now?

Topics include:

- What is follow-up care?
- Short and long term side effects of cancer treatment
- Physical activity
- Nutrition
- Coping and adjustment
- Spirituality
- Services available

Why should I attend this class?

- Learn more about what happens after cancer treatment.
- Ask the cancer care team questions about your follow-up

ors

To register online go to:

survey.nshealth.ca and enter survey ID – LBC2020 or

call 1-902-473-5106 or 1-866-599-2267

When is this class offered?

This three hour class is offered via Zoom for Healthcare on the last Wednesday of every month from

10:30am-1:30pm (No classes held July, August, or December)

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Nova Scotia Cancer Care Program

Advocacy

YOU CAN

HELP IMPROVE

NOVA SCOTIA'S CANCER SYSTEM

Join the Cancer Patient Family Network today.

www.cancercare.ns.ca/cpfn | 1-866-599-2267

cpfn@ccns.nshealth.ca

Cancer Care Nova Scotia

NOVA SCOTIA

We welcome your feedback.

Every day, we learn from patients, clients and families. When you tell us about your experience – good or bad – it helps us improve the care and service we provide.

Share your compliments and/or concerns with us:

Toll-free: **1-844-884-4177**

http://www.nshealth.ca/contact-us/patient-feedback

Nous apprécions vos commentaires.

Chaque jour, nous apprenons des patients, des clients et des familles. Lorsque vous nous parlez de votre expérience, qu'elle soit bonne ou mauvaise, elle nous aide à améliorer les soins et les services que nous offrons.

Soumettez vos compliments ou vos préoccupations:

Sans frais : **1-844-884-4177**

http://www.nshealth.ca/contact-us/patient-feedback

nova scotia health authority

www.nshealth.ca